**FEAR MAP: Part 1**

Instructions: Write your greatest fear in the bubble below. Write the thoughts, beliefs, ideas, feelings, memories, and physical (bodily) sensations that come up for you when you think about your fear.

**FEAR MAP: Part 2**

Instructions: Look back at your fear map on the previous page, and all of the things you wrote about your fear.

Of the things you wrote down, which represent BELIEFS, ATTITUDES, and/or OPINIONS about yourself, your future, other people, or other situations? Draw a SQUARE around all of the beliefs, attitudes, and/or opinions you find on your fear map.

Examples of common belief statements:

* “I can’t…” *or* “I can…”
* “I should,” *or*  “He/she/they should…”
* “I need…” *or* “I need to…”
* “I shouldn’t…” *or* “Other people shouldn’t…”
* “I must…” *or* “He/she/they must…”
* “My life is ruined,” *or* “My life is great.”
* “If I do that, other people will…”
* “I’m a failure” *or* “I’m successful.”
* “Nobody likes me,” *or* “People like me.”